



Montgomery Aquatic Center

AT NORTH BETHESDA

5900 Executive Boulevard, North Bethesda MD 20852 (301) 468-4211 • www.montgomerycountymd.gov/rec

Montgomery County Department of Recreation - Aquatics Section

2006-2007 Pool Use Schedule - September 5, 2006 - June 15, 2007

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
4:45 - 6:30 A.M. MCRD SWIM TEAM PRACTICE										8:00 - 9:30 A.M.		8:00 A.M. - 2:00 P.M.	
6:00 - 8:30 A.M. EARLY BIRD LAP SWIM DEEP WATER RUNNING AVAILABLE										EARLY BIRD LAP SWIM			
8:30 - 11:30 A.M. MID-MORNING SWIM WATER EXERCISE CLASSES • MCRD SWIM LESSONS LAP LANES AVAILABLE • DEEP WATER RUNNING AVAILABLE										9:00 A.M. - 2:00 P.M. • SWIM LESSONS • HIGH SCHOOL SWIM MEETS			
11:30 - 2:30 P.M. NOON RECREATIONAL SWIM LAP LANES AVAILABLE • DIVING BOARDS OPEN 1:00 - 2:30 P.M. WATER EXERCISE CLASSES (MAIN POOL) • DEEP WATER RUNNING AVAILABLE										2:00 - 4:00 P.M. RECREATIONAL SWIM ALL FACILITIES OPEN (EXCEPT DIVE PLAT.) • LAP LANES AVAILABLE • DEEP WATER RUNNING AVAILABLE		2:00 - 5:00 P.M. RECREATIONAL SWIM ALL FACILITIES OPEN (EXCEPT DIVE PLAT.) • LAP LANES AVAILABLE • DEEP WATER RUNNING AVAILABLE	
2:45 - 3:45 P.M. MCPS HIGH SCHOOL VARSITY SWIM PRACTICE LIMITED LAP LANES AVAILABLE (SEE LAP SCHEDULE) • MAINTENANCE													
3:30 - 5:30 P.M. SLIDE & DIP LEISURE POOL & SLIDE OPEN		3:30 - 7:30 P.M. MCRD SWIM LESSONS		3:30 - 5:30 P.M. SLIDE & DIP LEISURE POOL & SLIDE OPEN		3:30 - 7:30 P.M. MCRD SWIM LESSONS		3:30 - 5:30 P.M. SLIDE & DIP LEISURE POOL & SLIDE OPEN					
3:30 - 7:30 P.M. MCRD YOUTH SWIM & DIVE TEAM TRAINING NO LAP LANES AVAILABLE (3:30 - 5:00 P.M.) • LIMITED LAP LANES AVAILABLE (5:00 - 7:00 P.M.) LIMITED DEEP WATER RUNNING SPACE AVAILABLE (6:00 - 7:00 P.M.)										4:00 - 5:00 P.M. MAINTENANCE / STAFF TRAINING		5:00 - 6:00 P.M. ADULTS ONLY <	

THIS POOL USE SCHEDULE MAY BE CHANGED TO ACCOMMODATE SPECIAL EVENTS OR HOLIDAY ACTIVITIES. CHECK POSTED NOTICES IN CENTER LOBBY.

POOL CLOSED ON: THANKSGIVING DAY, CHRISTMAS DAY, NEW YEAR'S DAY & EASTER DAY



FAMILY REC SWIM



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PUBLIC USE TIMES

Recreational Swim:

General swimming for all ages with the following facilities open: Lap Lanes, Diving Boards, Leisure Pool, Exercise Room, Hydrotherapy Spas, and Saunas. See Water Slide & 5-Meter Platform times below.

General Recreational Time

MONDAY - FRIDAY: 11:30 a.m. - 2:30 p.m.
 MON., WED., FRI.: 7:00 p.m. - 8:30 p.m. (Fri 'til 9 p.m.)
 SATURDAY: 2:00 p.m. - 4:00 p.m.
 5:00 p.m. - 7:00 p.m.
 7:00 p.m. - 7:45 p.m. (adults only)
 SUNDAY: 2:00 p.m. - 5:00 p.m.
 5:00 p.m. - 6:00 p.m. (adults only)

Leisure Pool

MONDAY - FRIDAY: 11:30 a.m. - 2:30 p.m.
 MON., WED., FRI.: 3:30 p.m. - 5:30 p.m.
 MONDAY - THURSDAY: 7:00 p.m. - 8:30 p.m.
 FRIDAY: 7:00 p.m. - 9:00 p.m.
 SATURDAY: 2:00 p.m. - 4:00 p.m.
 5:00 p.m. - 7:00 p.m.
 7:00 p.m. - 7:45 p.m. (adults only)
 SUNDAY: 2:00 p.m. - 5:00 p.m.
 5:00 p.m. - 6:00 p.m. (adults only)

Diving Boards

MONDAY - FRIDAY: 1:00 p.m. - 2:30 p.m.*
 MON. & WED.: 7:00 p.m. - 8:30 p.m.**
 SATURDAY: 2:00 p.m. - 4:00 p.m.
 5:00 p.m. - 7:00 p.m.
 7:00 p.m. - 7:45 p.m. (adults only)
 SUNDAY: 2:00 p.m. - 5:00 p.m.
 5:00 p.m. - 6:00 p.m. (adults only)

* On school holidays, the boards will be open at 11:30 a.m..

** The boards will be closed some evenings.

PLEASE CHECK LOBBY FOR DETAILS.

Water Slide

MON., WED., FRI.: 3:30 p.m. - 5:30 p.m.
 MONDAY - FRIDAY: 7:00 p.m. - 8:30 p.m. (Fri 'til 9 p.m.)
 SATURDAY: 2:00 p.m. - 4:00 p.m.
 5:00 p.m. - 7:00 p.m.
 SUNDAY: 2:00 p.m. - 5:00 p.m.

Hydrotherapy Pools

ADULTS ONLY: 14-17 IF ACCOMPANIED BY AN ADULT.

(1 ADULT PER MINOR) Due to frequent cleaning and maintenance that these pools require, only one may be available for use during the following hours:

MONDAY & WEDNESDAY: 6:00 a.m. - 10:30 p.m.
 TUESDAY & THURSDAY: 6:00 a.m. - 8:30 p.m.
 FRIDAY: 6:00 a.m. - 9:00 p.m.
 SATURDAY: 8:00 a.m. - 9:30 a.m.
 2:00 p.m. - 4:00 p.m.
 5:00 p.m. - 7:45 p.m.
 SUNDAY: 2:00 p.m. - 6:00 p.m.

Weight & Exercise/Saunas

ADULTS ONLY: 14-17 IF ACCOMPANIED BY AN ADULT.

Youths (14-17) must have a permission slip on file. Youths need to keep their copy with them while using the weight room.

MONDAY & WEDNESDAY: 6:00 a.m. - 10:30 p.m.
 TUESDAY & THURSDAY: 6:00 a.m. - 10:00 p.m.
 FRIDAY: 6:00 a.m. - 9:00 p.m.
 SATURDAY: 8:00 a.m. - 7:45 p.m.
 SUNDAY: 8:00 a.m. - 6:00 p.m.

Lap Swim

Lap Lanes are roped off at either 25 yards or 25 meter competitive distance. Some lanes are entirely in deep water. Patrons should "circle" swim from right to left and should swim in a lane with other lap swimmers of compatible speed and skills. Due high school swimming, changes will occur in the lap lane schedule from Nov. 15, 2006 to Feb. 17, 2007. **Check the lobby for changes.**

MONDAY - FRIDAY: 6:00 a.m. - 3:30 p.m.
 MONDAY - THURSDAY: 5:00 p.m. - 8:30 p.m. (5-7 adults only)
 FRIDAY: 5:00 p.m. - 9:00 p.m. (5-7 adults only)
 MONDAY & WEDNESDAY: 9:30 p.m. - 10:30 p.m.
 SATURDAY: 8:00 a.m. - 9:30 a.m.
 2:00 p.m. - 4:00 p.m.
 5:00 p.m. - 7:00 p.m.
 7:00 p.m. - 7:45 p.m. (adults only)
 SUNDAY: 2:00 p.m. - 5:00 p.m.
 5:00 p.m. - 6:00 p.m. (adults only)

ADMISSION FEES FOR NON-PASSHOLDERS (FOR EACH ENTRY)

	County Resident	Non-County Resident
Children (1 - 17 years old)	\$4.00	\$6.50
Adults (18 - 54 years old)	\$6.00	\$7.50
Seniors (55 years & older)	\$4.50	\$6.50

PLEASE NOTE:

These are the scheduled times these facilities will be open. They may be closed at any time due to insufficient staff.

The management reserves the right to alter the pool schedule when it is deemed necessary.

Proper Bathing Suits required! **NO CUTOFFS OR GYM SHORTS!** Shorts, t-shirts, and undergarments do not qualify as bathing suit attire.

All patrons within the pool area must be attired in swimming apparel.

Children under 10 years old must be accompanied in the pool area and cared for by an adult in swimming attire at all times.

An **ACCESS CARD** is required by everyone entering the facility. Proof of Residency will also be required upon admission. Non-County residents must pay the non-county fee.

Lockers are available --- **BRING A LOCK TO SECURE YOUR BELONGINGS!**

The use of cameras, video cameras or any device containing camera equipment of any kind is prohibited in all locker rooms, bathrooms and changing areas.

Children who are not completely toilet trained must wear rubber pants.

For more information, visit us online at:
www.montgomerycountymd.gov/rec



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Deep Water Running/Exercise Area Schedule - September 5, 2006 - June 15, 2007

POOL LAYOUT - DEEP END

DIVING WELL		
Sept. 6 - Nov. 14:	Mon. - Fri.: 6:00 a.m. - 1:00 p.m.	Sat.: 8:00 a.m. - 9:30 a.m.
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Nov. 15 - Feb. 25:	Mon. - Fri.: 6:30 a.m. - 1:00 p.m.	(High School Varsity Season)
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Feb. 26 - June 15:	Mon. - Fri.: 6:00 a.m. - 1:00 p.m.	Sat.: 8:00 a.m. - 9:30 a.m.

BULKHEAD	DEEP WATER ALCOVE	LANE 8
	Mon. - Fri.: 1:00 - 7:00 p.m. Sat.: 2:00 - 4:00 p.m. & 5:00 - 7:45 p.m. Sun.: 2:00 - 6:00 p.m.	LANE 7
	LANE 6	
	LANE 5	
	LANE 4	
	LANE 3	
	LANE 2	
	Mon. - Fri.:* 2:30 - 3:30 p.m. Mon. & Wed.: 7:30 - 8:30 p.m. Friday: 7:30 - 8:30 p.m.	Monday: 9:30 - 10:30 p.m. LANE 1 Saturday: 2:00 - 4:00 p.m. 5:00 - 7:45 p.m. Sunday: 2:00 - 6:00 p.m.

SUMMARY SCHEDULE

DIVING WELL	
(Sept. 6 - Nov. 14 & Feb. 26 - June 15)	
Mon. - Fri.:	6:00 a.m. - 1:00 p.m.
Sat.:	8:00 a.m. - 9:30 a.m.
(Nov. 15 - Feb. 26)	
(High School Varsity Season)	
Mon. - Fri.:	6:30 a.m. - 1:00 p.m.

LANE 1	
Mon. - Fri.:*	2:30 p.m. - 3:30 p.m.
M, W, F:	7:30 p.m. - 8:30 p.m.
Monday:	9:30 p.m. - 10:30 p.m.
Saturday:	2:00 p.m. - 4:00 p.m.
	5:00 p.m. - 7:45 p.m.
Sunday:	2:00 p.m. - 6:00 p.m.

DEEP WATER ALCOVE	
Mon. - Fri.:	1:00 p.m. - 7:30 p.m.
Saturday:	2:00 p.m. - 4:00 p.m.
	5:00 p.m. - 7:45 p.m.
Sunday:	2:00 p.m. - 6:00 p.m.

SPECIAL NOTES

1. This schedule represents the minimum time allotted for this activity.
2. When all 8 lanes are being used, deep water exercise will take place in the diving well.
3. When performing deep water running in the lane, move in a circular fashion, do not move down the lane 2 or more abreast.
4. This Deep Water Running schedule may change to accommodate special events or holiday activities. Check posted notices in the lobby.
5. The hydrotherapy ladder will not be available from 3:30 - 7:30 p.m. Mon-Fri.

* LANE 1 - Nov. 15 - Feb. 17 (High School Program): Tu. & Th.: 1:00 - 2:45 p.m. (LANE OPEN)